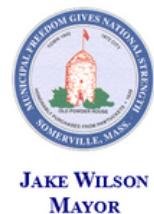




FEBRUARY NUTRITION CLASSES

NEW DIETARY GUIDELINES



The Department of Health and Human Services and the Department of Agriculture unveiled a new inverted food pyramid that prioritizes protein and full-fat dairy, while putting whole grains at the bottom. This month we will be looking at the new guidelines so that we can make the best possible choices for our health and wellness for the upcoming new year.

Via Zoom

Monday, February 2nd, February 9th & February 23rd
11:00am-11:45am

Ralph and Jenny Center

Monday, February 2nd, February 9th & February 23rd
12:30pm-1:30pm

Holland Street Center

Wednesday, February 4th, February 11th & February 25th
10:00am-10:45am

For more information on any of the classes, consults or to schedule an appointment, contact Mary at Headtofitness10@yahoo.com or call 617- 625-6600 ext.2316

The City of Somerville can provide you with an interpreter in your language for free. To request an interpreter, please contact us at languageaccess@somervillema.gov or call 311 (617-666-3311) at least 7 days in advance of this event.

Persons with disabilities who need ADA accommodations to access this program, please contact Adrienne Pomeroy in advance at 617-625-6600 x 2059 or apomeroy@somervillema.gov.